

# APPLE JUICE

## CANNED, UNSWEETENED

for use in the USDA Household  
Commodity Food Distribution Programs

03/27/01

### Product Description

Canned unsweetened apple juice is 100% juice, with no added sweeteners. This juice has been fortified with vitamin C.

### Pack/Yield

The juice is packed in 46-ounce cans, which provide 7  $\frac{3}{4}$ -cup (6-ounce) servings.

### Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of apple juice should be used within 12 to 18 months.
- Store leftover apple juice in a covered container and refrigerate. Use within 5 to 7 days.

### Uses and Tips

- Heat apple juice in sauce pan with cinnamon and whole cloves (optional) for a cold weather treat. Strain spices from juice before drinking.
- Blend apple juice with mashed fresh fruit, yogurt, and chopped ice to make a fruit smoothie.

*(See recipes on reverse side)*



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### Nutrition Information

- **Apple Juice** provides less than 100 calories per serving and is low in fat and sodium.
- One serving of apple juice provides 128% of your daily value for vitamin C.
- A  $\frac{3}{4}$ -cup serving of apple juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

| Nutrition Facts  |       |                |      |
|--|-------|----------------|------|
| Serving size $\frac{3}{4}$ cup (177ml)<br>canned apple juice |       |                |      |
| Amount Per Serving   |       |                |      |
| Calories   | 87    | Fat Cal        | 1    |
|  |       | % Daily Value* |      |
| Total Fat  | .2g   |                | 0%   |
| Saturated Fat  | 0g    |                | 0%   |
| Cholesterol  | 0mg   |                | 0%   |
| Sodium   | 5mg   |                | 0%   |
| Total Carbohydrate   | 21g   |                | 7%   |
| Dietary Fiber  | <0.5g |                | 0%   |
| Sugars   | 20g   |                |      |
| Protein  | 0g    |                |      |
| Vitamin A  | 0%    | Vitamin C      | 128% |
| Calcium  | 1%    | Iron           | 3%   |
| *Percent Daily Values are based on a 2,000 calorie diet.     |       |                |      |

## Creamy Apple Milkshake

2 8-ounce containers vanilla lowfat yogurt  
 ¼ cup sugar  
 1½ cups apple juice  
 1½ cups lowfat milk

1. Thoroughly combine yogurt, sugar, and apple juice. Refrigerate 1 hour until thoroughly chilled.
2. Add milk to chilled yogurt mixture and serve cold.

Makes about 6 ¾-cup servings

*Recipe provided by Michigan Apple Committee*

### Nutrition Information for each serving of Creamy Apple Milkshake:

|                   |       |                    |       |           |       |         |        |
|-------------------|-------|--------------------|-------|-----------|-------|---------|--------|
| Calories          | 156   | Cholesterol        | 7 mg  | Sugar     | 28 g  | Calcium | 212 mg |
| Calories from Fat | 15    | Sodium             | 85 mg | Protein   | 5 g   | Iron    | .2 mg  |
| Total Fat         | 1.7 g | Total Carbohydrate | 30 g  | Vitamin A | 49 RE |         |        |
| Saturated Fat     | 1.0 g | Dietary Fiber      | 0 g   | Vitamin C | 1 mg  |         |        |

## Raisin-Apple Sauce for Ham

¼ cup firmly packed brown sugar  
 1½ tablespoons cornstarch  
 1 cup apple juice  
 ¼ cup raisins  
 ¼ teaspoon cinnamon  
 8 whole cloves (optional)  
 1 tablespoon butter or margarine

1. In a small saucepan combine the brown sugar and cornstarch.
2. Stir in apple juice, raisins, cinnamon, and cloves.
3. Cook and stir these ingredients for 10 minutes until thickened.
4. Remove the cloves and discard. Add butter or margarine. Serve hot.
5. Good with hot or cold ham or ham sandwiches.

Makes about 6 ¼-cup servings

*Recipe provided by Joy of Cooking*

### Nutrition Information for each serving of Raisin Apple Sauce:

|                   |       |                    |       |           |       |         |       |
|-------------------|-------|--------------------|-------|-----------|-------|---------|-------|
| Calories          | 97    | Cholesterol        | 5 mg  | Sugar     | 16 g  | Calcium | 15 mg |
| Calories from Fat | 18    | Sodium             | 26 mg | Protein   | 0 g   | Iron    | .5 mg |
| Total Fat         | 2.1 g | Total Carbohydrate | 20 g  | Vitamin A | 18 RE |         |       |
| Saturated Fat     | 1.2 g | Dietary Fiber      | 0 g   | Vitamin C | 0 mg  |         |       |

## Apple Vinaigrette Salad Dressing

¼ cup apple juice  
 ¼ cup oil  
 3 tablespoons vinegar  
 2 tablespoons lemon juice  
 1 tablespoon sugar  
 Paprika, salt, and pepper (optional)

1. Combine apple juice, oil, vinegar, lemon juice, sugar, and spices (if desired) in a covered jar. Shake to mix well.
2. Serve over fresh greens or pasta salad.

Makes about 6 2-tablespoon servings

*Recipe provided by Michigan Apples*

### Nutrition Information for each serving of Apple Vinaigrette Salad Dressing:

|                   |       |                    |      |           |      |         |      |
|-------------------|-------|--------------------|------|-----------|------|---------|------|
| Calories          | 95    | Cholesterol        | 0 mg | Sugar     | 3 g  | Calcium | 1 mg |
| Calories from Fat | 81    | Sodium             | 0 mg | Protein   | 0 g  | Iron    | 0 mg |
| Total Fat         | 9.0 g | Total Carbohydrate | 4 g  | Vitamin A | 0 RE |         |      |
| Saturated Fat     | 1.6 g | Dietary Fiber      | 0 g  | Vitamin C | 2 mg |         |      |

These recipes, presented to you by USDA, have not been tested or standardized.

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